



Fact File

My guidance for attempting to break the world record for the Longest hair extension

You'd like long hair? I suggest you begin by searching for the current world record. Then, give some thought to how much weight your neck can carry. If you're not deterred, get to work searching for hair extensions which are long enough – but allow plenty of time.

To start, gear up for a few rules, such as:

- find a hairdresser who's confident in doing this by themselves.
- get your whole hair-do job done in one sitting.

Got that sorted? Now rearrange your domestic life because as long as you have the hair extensions, you'll find yourself doing things a little differently out of necessity.

Still keen? WorldRecordChase.com is happy to mentor others wishing to attempt this world record, at reasonable rates.

Enjoy.

Please note: neither Alastair Galpin nor WorldRecordChase.com will be responsible for any actions whatsoever undertaken by any person as a result of visiting this website. If you intend to attempt to emulate any of Alastair's world record attempts, always seek expert advice.